

## CRJ 1540 : Police Physical Conditioning and Wellness

Assists the student in developing an optimal level of physical fitness in the areas of cardio-respiratory endurance, muscular strength, flexibility, speed, and endurance through personal training, nutrition, and stress awareness. This level of physical fitness meets the NYS Department of Criminal Justice Services requirements for the included portions of the Basic Course for Police Officers. Prerequisite: Students must be accepted into the Police Basic Training Certificate program and have successfully completed all courses required in the fall semester of the program.

**Credits** 2.0

**Semester Offered**

Spring